

blackheads. Please tell me how to diet myself. Do I need cold cream after the milk bath? If I write personal letters, please answer them in the next issue.

If Anxious will read carefully the suggestions made to Viola Penfold about skin she will find what food is best suited to her needs. Do not use the cold cream directed to her, but use the cold cream directed to me. So many directions have been given for removing blackheads that you surely can find yourself of the right food.

Always glad to answer through The Republic any inquiries you may make.

A. Bolander—Will you give me in next Sunday's Republic a recipe for what you consider the best skin food?

A number of good skin foods have been suggested in these columns. However, I will give you one which is good as a general skin food and cream:

Two ounces best sweet almond oil, one ounce impure rose water, one-half ounce spermaceti, one-half ounce castor oil, one-half ounce cocoa butter, one-half ounce cocoa oil, one-half ounce tincture benzoin.

Put all these together, heat in aluminum pan over water bath so no candles form (keep in cold water during this process); take out and pour in rose water and perfume. Use at a time and stir well, then benzoin.